CHRISTMAS GRAM BRIEF
2004
MARINE DETACHMENT
FORT SILL

OVERVIEW OF THIS PRESENTATION

Holiday Operational Risk Management (ORM) Hazard assessment.

- Holiday Safety Hazards
- Fire Hazards
- Holiday Traveling Hazards
- Food Preparation and Consumption Hazards
- Recreational Hazards
- Holiday Stress Hazards

Safety Never takes a holiday! Marines should never go on leave without thinking about safety!

TAKE ORM WITH

Holiday Operation Risk Management (ORM) 5-Steps

- Identify Hazards
- Assess Hazards
- Make Risk Decisions
- Implement Controls
- Monitor/Supervise/Evaluate

Holiday

Operation Risk Management
Focusing on;

Step 1

Identify Holiday Hazards &

recommend some safety tips…

Safety Hazards

- Don’t overload electrical circuits. Turn off your water source if departing the area.

- If you have a fireplace, woodstove or use gas logs/furnace, make sure you have an operable approved carbon monoxide detector.

- urn off electric candles and decorative
  e going to sleep or leaving the house extended periods.

Safety Hazards

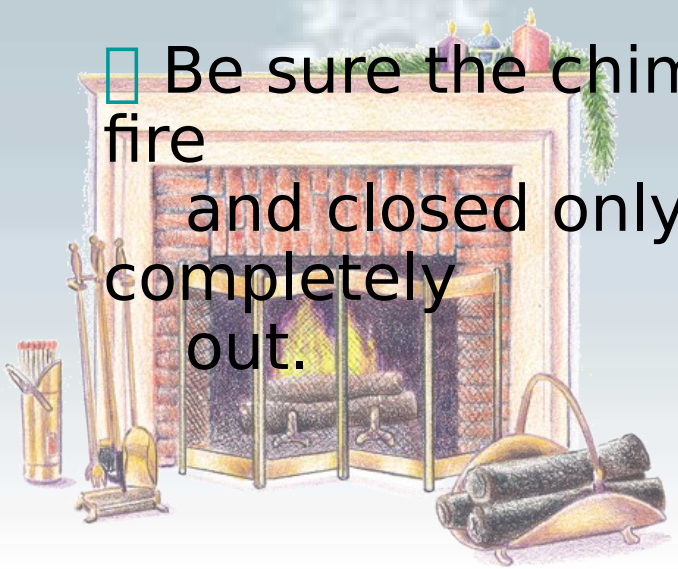
- Inspect all electrical equipment before use, check for frayed cords or exposed wires.
- Keep your Christmas tree watered. Use the proper size and type light bulbs in decorative lighting.
- Spread sand or salt on icy walkways.

Fire Hazards

- Place candles in holders that will not tip.
- Keep candles, Yule logs, and open flames away from drapes, trees, or potentially flammable objects.
- Extinguish candles/incense before leaving home or going to sleep.
- When cooking in turkey deep fryer, use extreme tion!

Fire Hazards continued:

- Have a professional check your fireplace and chimney every year. Soot buildup leads to house fires.
- Use kindling and wooden matches to light fires – not flammable liquids. Never use gasoline or kerosene!
- Always use a fire screen.
- Be sure the chimney flue is open before lighting a fire and closed only when you are sure the fire is completely out.



Holiday Traveling Hazards

- UTILIZE YOUR “TRIP PLAN”! Pvt-Sgt must have a PMV inspection prior to 72-96 liberty weekends. Give yourself plenty of time to get where you are going.
- Make sure your vehicle is in good repair.
- If you drink…don’t drive (Drink and Drive, You Lose).
- Always use safety belts (click-it or ticket) for you and your passengers. Always use child safety seats when traveling with small kids.
- Maintain a safe distance between vehicles, watch out for drunk/drug using drivers.
- Fatigue. Get a good night’s sleep before traveling.
- Drivers. Avoid eating heavy meals, as this can lead to sleepiness.

Holiday Traveling

Continued;

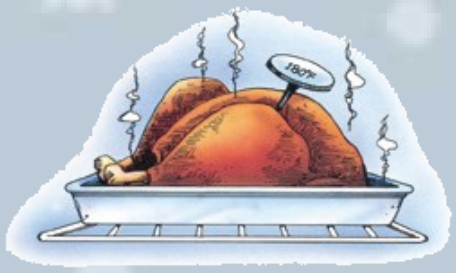
In case you encounter inclement weather, carry an emergency kit that contains:

- First-aid supplies, gallon of water.
- Blankets, gloves, hats.
- Flashlight with spare batteries.
- Flares, road-side reflective devise.
- A shovel, ice-scraper, tools, leatherman knife.
- Quick-energy foods, nutrition bars, or dried fruits and nuts.
- Sand, salt or cat litter for traction.

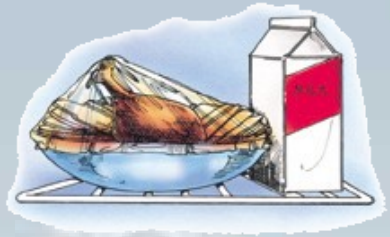
❑ Ensure tire changing equipment is serviceable and present.

Food Preparation and Consumption Hazards

- Keep all cookware, utensils, preparation areas, and your hands clean. Ensure others do this as well!



- Refrigerate foods that require cold storage.
- If food needs to be chilled during serving, place the dish on a bed of ice.



- Keep foods that need to stay warm on a hot plate or in an oven.
- Use a thermometer when cooking meats to be sure inner portion reaches the right temperature.

Food Preparation and Consumption Hazards continued;

At holiday time it is easy to over-indulge! Here are some tips to help you keep those extra holiday pounds off.

- Limit your calorie, fat, and sugar intake over the course of the holiday season. This Includes cakes, pies, and cookies.
- Limit your alcohol and caffeine consumption. Enjoying these in excess can be dangerous to your health. Serve healthy beverages.
- Bring food dishes and beverages to parties that give you and your guest healthy alternatives. This includes, fruits, carrots, celery, and other healthy vegetables.

Recreational Hazards

At holiday time it is easy to want to enjoy various activities offered at your leave location. Here are some tips to help you to remember to use caution during recreational activities.

- Winter sports that can potential be dangerous. Skiing, snow boarding, hiking, ATV riding, and ice-skating all have the potential to end on a tragic note.

- Hunting and Fishing. Always conduct at minimum a time-critical ORM during these activities. Hunter safety is a must! Let people know where and when you will be hunting or fishing. Use caution when fishing on ice.

- Bar hopping (Marines 21 and over). Ensure you use the buddy system. Always use protection when partaking in sexual activity. If married…enough said!

- Sporting events. Know the exits and establish a link-up point with friends in the event you get separated. Maintain custody of personal belongings. Always use a designated driver.

Holiday Stress Hazards

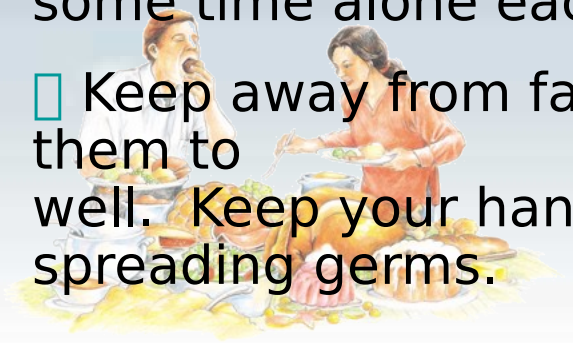
At holiday time it is easy to experience STRESS! Here are some tips to help you deal with the stress that the holidays may bring.

- Limit your activities. There is only so much time in the day to do the things you enjoy, with the people you enjoy being with. Ensure you are not burning the candle at both ends in an attempt to have fun. Excess fun be lead to a dangerous situation. Learn to say no to some activities.

- Avoid in-laws or family members you really don't enjoy being around, especially when consuming alcohol. You may say or do something you will regret doing after your holiday period.

- Have quiet time alone. This may be difficult but try to get some time alone each day.

- Keep away from family members who may be ill or sick, allow them to rest and get well. Keep your hands washed, this avoids spreading germs.



Holiday Stress Hazards

continued;

- Don’t over-spent (extend lines of credit) for holiday gifts. Marines are not rich, family will totally understand. Live within your means.

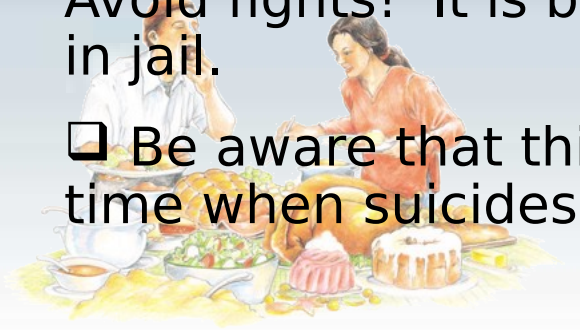
- If you will be staying with family during the holidays, ensure you understand the rules of the house. This will avoid potential conflict from occurring. Remember, you are a guest. Never argue with family!

- Be patient while shopping. Plan ahead to avoid long checkout lines.

- Keep up some form of exercise during the holidays.

- Always remember that you are a Marine. People may attempt to challenge you just because you are who you are. Avoid fights! It is better to leave the area then spend the night in jail.

- Be aware that this is not only the season to be jolly but also a time when suicides increase. If your depressed, tell someone.



Are there any question?
Have a safe and happy Holiday Season Marines!